

Below are the April HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

IMPORTANT NEWS FROM HEALTHQUEST

Be a smart healthCare shopper with some help from Castlight!

(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)

You would never buy a car without reading reviews, and you probably would not buy a pair of jeans if you knew the same ones were on sale for half the price at another store. Even if you are a smart shopper, it can still be difficult to shop around for the best medical care on your own.

Fortunately, Castlight makes it easy! Castlight shows you comprehensive information about doctors and facilities in your area to help you make informed decisions—you can even read patient reviews. Castlight uses your health plan information to offer you personalized cost estimates, so you will have a sense of what you will pay long before you ever get the bill.

Register or log in at www.mycastlight.com/SEHP and start shopping!



Success Story from an employee: I began my changes by participating in the Health Assessment/Biometric Screenings. Mainly because it gave me points toward a discount on my insurance premiums. Then I began to find myself encouraged to improve my health through watching my progress. My next step was to participate in the tobacco cessation program. I was tired of smoking and wanted to quit! But could I stick with it? The nurse calls always seemed to come at the right time to encourage me to continue to

NOT smoke. Would I have quit without the help....maybe, maybe not! We think sometimes we don't need help, that we're strong enough or determined enough to do it alone. These programs provide the help and encouragement to really succeed. I'm healthier now than I've ever been. I eat better, I track my health, I go to the gym and I don't smoke!! I am "OUR" success story!! And my rewards are being fit, healthy and happy with the changes you've helped me achieve!!

- ✓ **Did You Know that all the HealthQuest programs are confidential?? Your employer does not receive any personal data, only stats from the population as a whole, trends in shifting risks, etc.**

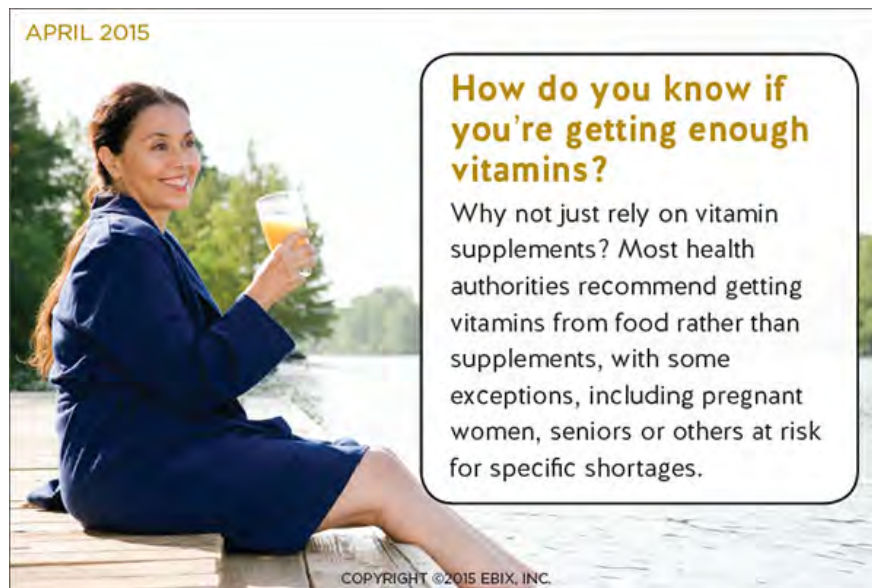


Body Media, Fitbug, Jawbone UP and Nike+Fuelband are now integrated with www.kansashealthquest.com!!!

Alere has expanded their lifestyle device integration opportunities for participants within the Health Portal. In addition to the FitBit, we now support Body Media, Fitbug, Jawbone Up and Nike+Fuelband.

How does it work?? The devices listed above are currently available for participants to link to via www.kansashealthquest.com. Each displays data in the Activity Tracker and Sleep Tracker (with the exception of Nike+Fuelband for sleep tracking). As an added benefit to coaching programs participants, coaches can also view this device data. With this knowledge, coaches are able to help participants set goals, provide encouragement for consistent activity and celebrate success that leads to lifelong health improvement.

Visit www.kansashealthquest.com, go to your account settings (located when hovering over your name in the upper right corner), and choose “My Devices.” You will see icons for all the new devices, giving you the opportunity to add your device to the portal.



How do you know if you're getting enough vitamins?

Why not just rely on vitamin supplements? Most health authorities recommend getting vitamins from food rather than supplements, with some exceptions, including pregnant women, seniors or others at risk for specific shortages.

Rx Savings Solutions

Rx Savings Solutions is a consumer tool to help you and all State Employee Health Plan (SEHP) Members save money on your prescription medications. Rx Savings Solutions began working with the SEHP July 2014 and they have helped thousands of SEHP members find savings.

If you haven't already, please take a minute to create your account in order to receive alerts when you have a savings opportunity. Once you create your account Rx Savings Solutions does the work. When they find savings you will get an alert via email or text message. You can also contact Rx Savings Member Services Team at 800-268-4476 for information.

Savings Method of the Month – Comparison Shopping

Comparison shopping can really pay off when it comes to prescriptions. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply filling their medications at a different pharmacy. Because medication prices often vary greatly from one pharmacy to the next, consumers are sometimes unaware that they may be overpaying.

By utilizing Rx Savings Solutions, you have the ability to comparison shop at the pharmacies in your area to find out which has the lowest pricing. This allows you to obtain the lowest price on your medication without spending your time on the phone gathering information from each pharmacy.

Here is an example of how switching pharmacies can save you money:

Utilizing our pricing tool, 90 tablets of the asthma medication montelukast 10mg (generic for Singulair®) costs \$125 at one major retail pharmacy, but the same medication and quantity at another major retail pharmacy only 2.4 miles away costs \$24.52. That is a savings of \$401.92 per year!

In certain situations, you may save more by using our pricing service and paying the cash price compared to your co-pay or co-insurance with your insurance card. It is important for you to be an active participant in managing your health.



Well-Read or Well-Rested

Like to do a little reading before hitting the sack? You may want to stick with traditional books – not tablets or ipads.

Harvard University researchers found that people who read electronically take an average of 10 minutes longer to drift off – and sleep less soundly. The likely reason, they say: Light emitted by the devices interferes with a sleep-promoting hormone in the body called melatonin and resets the body's circadian clock (which synchronizes the daily rhythm of sleep to daylight).

As a result, people don't get enough shuteye – and feel drained and sluggish the next day, according to the study published in the *Proceedings of the National Academy of Sciences*. The study adds to mounting evidence linking screen time to sleep interruption. Sleep is as key as diet and exercise to our health. Too little has been tied to heightened risk and worsening of arthritis and other chronic pain conditions, depression, heart and lung disease, diabetes and many other illnesses. So it's important to get enough.

Trouble snoozing? Check with your doctor to rule out any underlying condition like sleep apnea.

Tips for better ZZZs: Don't use your computer or smartphone – or watch TV – close to bedtime. And if you want to read, be sure to snuggle up with a paperback – not an ebook!



APRIL 2015

MAKE A GREAT PLATE.

Include heart-healthy protein in snacks and appetizers.

SALMON MOUSSE

Ingredients

8 oz. can sockeye salmon	1/4 cup minced onion
6 oz. nonfat cream cheese (softened)	1 tsp cream-style horseradish
	1/4 cup finely chopped walnuts

Directions

Combine all ingredients, except walnuts. Spread walnuts onto 8- x 10-in. wax paper sheet. Roll mousse over walnuts into 2- x 7-in. log until coated. Chill 2 hours. Serve with fresh-cut cucumber.

Makes 16 tbsp. Each: 40 calories • 4.5g protein • 2g fat • 0.6g carbs • 0.2g fiber • 64mg sodium



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April is Counseling Awareness Month

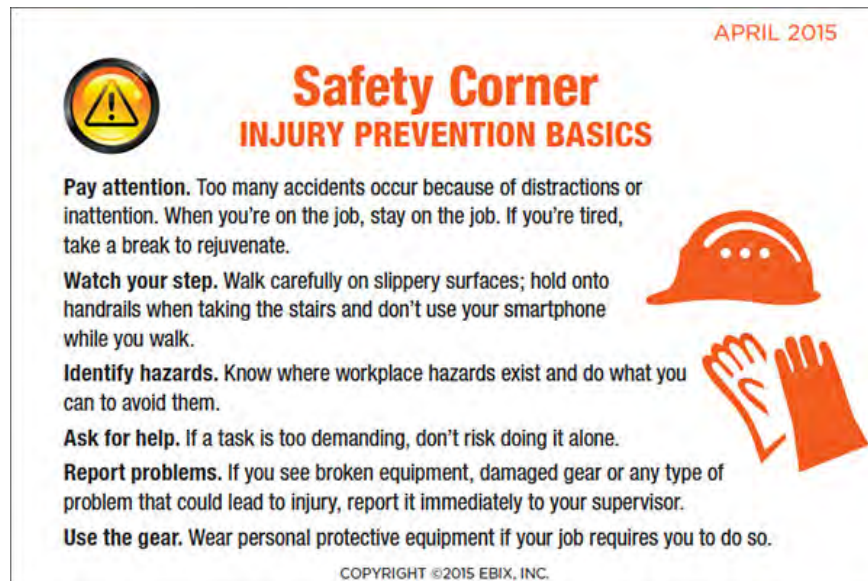
People experience ups and downs. After all, it is impossible to avoid life's daily stresses, conflicts and challenges. Often we resolve these situations on our own or with the help of family and friends. Sometimes, however, it helps to talk with a counselor. Their experience and insight can be the key to getting us over our hurdles.

A counselor's role is to serve as a guide and a listener. They can help encourage one to explore difficult issues and identify feelings, thoughts and memories that may be causing conflict. By providing guidance and direction a counselor can help you navigate to a path of wellness. Counselors are there to listen and offer insight.

Need assistance? Call the Employee Assistance Program 1.888.275.1205 (option 7) or go online at www.guidanceresources.com

Call anytime about situations such as:

- Relationship Troubles
- Family and Parenting Problems
- Dealing with Grief and Loss
- Depression, Stress, and Anxiety
- Eating Disorders
- Substance Abuse and Addictions
- Unexpected Crisis
- Or any Personal, Family or Career Issue you may Face!



Call the Health Advisor-Receive 5 HealthQuest Credits!

The Health Advisor Service is designed to help you better understand your personal risk factors after completing the Health Assessment Questionnaire. By speaking with a Health Advisor you will also learn what resources are available to help you achieve your goals and get answers to your questions about the HealthQuest Rewards Program.

With you they will discuss your personal:

- Medical Risks – Blood Pressure, Blood Sugar, Cholesterol, Triglycerides and Weight
- Lifestyle Risks – Alcohol Use, Nutrition, Physical Activity, Stress & Coping, Automobile Safety and Tobacco Use
- Disease Risks – Cancer, Diabetes, Heart Disease, and Stroke
- Other Health Issues – Health History, Mental Health, Sleep & Fatigue, and Immunizations

With each of these categories they will talk with you about your risk levels, why they are important and what to do next. They will also introduce you to different HealthQuest programs that you may find relevant and be interested in.

Call the Health Advisor at 1.888.275.1205 (option 6) for help. And earn 5 HealthQuest Credits. They are there to help guide you on the right path!

Employee Assistance Program (EAP) Webinar - April 23, 2015 at 11:30am

(Worth 1 HQ Credit – Automatically uploaded to your HQ account)

The Impact of Attitude on Work and Life

While you obviously need the appropriate knowledge and skills to do your job, the mind-set with which you approach your work plays a dominant role in your ability to perform. If you're discouraged, you work sluggishly, think small and give up easily. However, when you feel good, confident and exhilarated you can win people to your side and create dazzling projects. This workshop will help participants explore how attitude can change their life and will provide them with opportunities to develop a more positive mind-set.

- Register at <https://attendee.gotowebinar.com/register/534413592829404418>. By filling in the registration form completely, one credit will be awarded to your HealthQuest account the month after the webinar (up to a maximum of three credits).

HealthQuest Seminar - Available April 1, 2015 (Worth 1 HQ Credit)

Changes at Home for Better Health

Is your home environment the best it can be? A healthy home is vital to you and your family's well-being. This seminar will share simple, easy steps to keep your home at its healthiest!

The way your house is set up has a big impact on your habits. By taking a few easy steps, you can help yourself make smarter food choices, be a little more active, and even sleep better.

Log-on to www.kansashealthquest.com anytime to access the seminar.

❖ **Welcome 40 new Wellness Champions to the Wellness Champion Network! We are excited to have you!**

Email: Healthquest@kdheks.gov